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INPORT NEWS

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■ FRANK DIMOND

Former fire chief dead at 93

DAVE JOHNSON
 InPort News Staff

PORT COLBORNE — Frank Thomas Dimond was a well-respected, dedicated firefighter and chief, say those who worked with him.

see FIRST | Page 2

■ MMA: Fighters ready to go

Davis ready to defend title

DAVE JOHNSON
 InPort News Staff

PORT COLBORNE — While most people were just waking up or enjoying their morning breakfast Sunday, Dave Dayboll, Alexis Davis and Sammy Pascuzzi were 'rolling' inside a cage at Dayboll Jiu-Jitsu & Fitness Academy.

They were practising takedowns, takedown defences, punches, kicks and submissions in order to get Davis and Pascuzzi ready for their fights next Saturday at the Raging Wolf VII: Mayhem in the Mist series at Seneca Niagara Casino and Hotel in Niagara Falls, N.Y. Pascuzzi will be facing Buffalo-based fighter T.J. Sumler, while Davis will be defending her Raging Wolf championship belt against opponent Tonya Evinger.

It will be the second MMA (mixed martial arts) fight for Pascuzzi and the 11th for Davis, and both are ready to let fists — and feet — fly.

see CASINO | Page 3

DAVE JOHNSON Staff Photo

Alexis Davis defends herself from the bottom against Sammy Pascuzzi.



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■ **FIRST AERIAL:** Mr. Dimond was well respected

Chief did a lot for the city

FROM PAGE 1

Mr. Dimond, who had been living at Riverside Glen Retirement Residence in Guelph, died Thursday, April 29 at Guelph General Hospital. He was 93.

"He did a lot for the community and was a very dedicated and knowledgeable firefighter. He was a great guy to work for," recalled Doug Lockyer.

Mr. Dimond was one of the first chiefs onboard the Ontario Association of Fire Chiefs when it was formed.

He served as president of the association as well.

"He had some innovative ideas," said Lockyer, who served as Mr. Dimond's deputy chief before taking over the reins when the chief retired in 1982.

Mr. Dimond was responsible for bringing the first aerial fire truck to Port Colborne. It was a 1952 GMC ladder truck that carried 200 gallons of water.

Regional Coun. Bob Saracino said Mr. Dimond was delighted to get the truck to help fight fires in the city's taller buildings.

"We used to have weekly meetings and he was very thorough in his reports. He was a committed firefighter who did his job very professionally," said Saracino, who was then mayor to Chief Dimond.

Mr. Dimond, he said, responded very well when the Blizzard of '77 hit south Niagara. The chief co-ordinated efforts with all agencies during the emergency.

"He was very well-respected in the

fire service throughout the province and very dedicated to his country."

Mr. Dimond was one of 13 volunteer firefighters from Port Colborne who volunteered to go to England during the Second World War to be part of the fire service in the war-torn country. It was there he met his wife Margaret. They were married for 64 years.

After the war, the two returned to Canada and Mr. Dimond was appointed chief in Port Colborne in 1949.

Now fire prevention officer, Mike Bendia was hired on by Mr. Dimond a year before the chief retired.

"He was a good chief in the short time I knew him for. He took the job very seriously," said Bendia.

Port Colborne firefighters paid their respects to Mr. Dimond, conducting a walk-through at Davidson Funeral Home last weekend.

Mr. Dimond's family received visitors at the funeral home and burial took place at Oakwood Cemetery.

Mr. Dimond is survived by his son Michael and daughter Janice, grandchildren Andrea, Allison, Scott and Julie, and his sister Eleanor.

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GOT AN IDEA?

inport@wellandtribune.ca

■ **PUBLIC SPEAKING:** Instilling leadership in youth

MARYANNE FIRTH Staff Photo

Eight Port Colborne High School students participated in the Rose City Toastmasters youth leadership program, spending the past seven weeks building confidence in their public speaking abilities. Pictured from left front are students James Gillespie and Patrick Guenette, back, program co-ordinator Dianne Yungblut of Rose City Toastmasters, students Jenny Chase, Sarah Burger, Katie Robinson, Kathleen Macintosh, Taylor Dolan and Chace King and assistant co-ordinator Wayne Buchkowski of Garden City Toastmasters.

Toastmasters club at Port High

InPort News Staff

PORT COLBORNE — Rose City Toastmasters hope to instill leadership in youth through public speaking.

The club funded and facilitated a seven-week youth leadership program at Port Colborne High School to help students build confidence in their public speaking abilities.

Program co-ordinator Dianne Yungblut said the group of eight students gathered for an hour a week to present their speeches, evaluate one another and work on "table topics" — impromptu discussions on randomly drawn topics. Wayne Buchkowski of Garden City Toastmasters assisted Yungblut in facilitating the program over the past two months.

The group celebrated the end of the program Monday with a pizza party and the presentation of more speeches.

Sarah Burger hoped to enhance her leadership skills through the program, which was orig-

inally only open to Grade 12 students. Finding the opportunity enticing when she learned Grade 11 students were eligible, she jumped on the chance to participate — a decision she does not regret. "I've found a passion for presenting the written word," she said, while preparing to give her final speech to this year's leadership group.

Port High teacher John Raso believes the school has formed a growing partnership with Rose City Toastmasters.

He's hopeful the program will continue within the high school, possibly focusing on Grade 9 students next year. Starting with a Grade 9 group, the Toastmasters could follow the same core students throughout their four-year high school career, he said.

Raso said the program allows students to build confidence in their ability to speak in front of others, which is particularly important for youth venturing out to post-secondary school in the future.

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■ **CASINO:** Fighting on Seneca Nation land

Fighters have game plans for opponents

FROM PAGE 1

"I lost my first fight by knockout," Pascuzzi said in between sparing with Davis and Dayboll.

His first fight was two years ago and it was against a kickboxer. The man caught Pascuzzi, a jiu-jitsu practitioner, with a wild left hook as Pascuzzi was shooting in for a takedown. Since that loss, he's been training harder and worked on his kickboxing and muay Thai, the national sport of Thailand that uses punches, kicks, elbows and knee strikes to beat an opponent.

"My standup is a lot better now and I'm ready for this fight."

Pascuzzi, who has been training at Dayboll's for the past eight years, is going up against a more-experienced fighter in Sumler, who has a 2-2 record as a pro as well as two wins as an amateur.

Sumler is also a southpaw, which will make things a bit different when the two face each other.

Without wanting to give too much away to his opponent, Pascuzzi has a game plan for the fight and said he's been working on his takedowns and striking.

At 36, Pascuzzi will be one of the older fighters in the cage come Saturday, but that doesn't matter to him.

"I'm not looking for glory. I'm fighting to better myself and because I love this sport. I love the competition and the feeling you get from the competition itself," the 170-pound division fighter said.

"I'll keep fighting until I can't fight any more."

When he steps into the cage, Pascuzzi said he won't be scared of his opponent. He may be a bit nervous and pumped up, but he'll be ready to put his game plan into action.

Dayboll said that Pascuzzi and Davis have been training together for the past eight weeks to get ready.

While Pascuzzi knows who his opponent is and has been able to watch tape of how Sumler fights, Dayboll said Davis's training was thrown a bit of a curve with the change in opponents. She was originally to fight Elaine Maxwell, but will now face Evinger.

The two have watched tape of Evinger to come up with a new game plan.

"Alexis is a very well-rounded fighter, though."

Evinger, who has the same 7-3 record as Davis, is a wrestler who will want to take the fight to the ground, said Dayboll, adding that as a jiu-jitsu fighter Davis won't be bothered if she is on the bottom.

Training with Dayboll and Pascuzzi, who come in at 205 and 170 pounds, respectively, should also help Davis, who'll be fighting at 135 pounds.

"She'll be able to get out of things so easily. We don't have any girls of Alexis' calibre here and she wants to be pushed hard and feel like she's had a good training camp," Dayboll said.

He said Davis's cardio is never a problem in fights and she has great mental toughness. "She'll never quit."

In addition to training at the Port Colborne-based gym, the two fighters have crossed the border to train with Buffalo Brazilian Jiu-Jitsu Academy's Charles Anzalone. Davis and Pascuzzi were getting some tips and learning different techniques from Anzalone.

While Davis was prepared to face Maxwell, a kickboxer, she's ready to take on Evinger, who is a wrestler.

"I've seen some tape of her, she likes to stand and then take the fight to the ground," the 25-year-old said.

Davis is comfortable on her feet and on the ground and



will be ready for whatever comes her way.

Making her even more comfortable is the fact that Dayboll Jiu-Jitsu now has a cage inside its Catharine St. location, similar to the one she'll be fighting in Saturday. MMA fights in such organizations as the UFC, Strikeforce MMA and Bellator Fighting Championships use cages, while other organizations have used boxing ring style platforms.

"It's great having the cage. You've got walls to fight up against and it's better for training," she said.

This is the 11th fight for the Port Colborne native. Her three losses came in a unanimous decision after three rounds against one opponent, and two technical knockouts, one of which was due to a doctor stoppage.

Her wins have come in two unanimous decisions, one of which was when she captured the title, a split decision, three submissions, and one TKO.

"My wins are all over the place," Davis said which taking a quick break in between training inside the cage with her two partners Sunday.

She said stepping into a ring, knowing your going to get punched, kicked and have submission attempts thrown at you is not an easy thing to do, but it is something she enjoys. "I like fighting. I think deep down you know you're a fighter."

djohnson@welllandtribune.ca

DAVE JOHNSON Staff Photos

In the top photo, Dave Dayboll holds a punching mat as Alexis Davis works on her ground and pound technique; right, Davis defends herself against Sammy Pascuzzi during training on the weekend. The two are set to fight Saturday in Niagara Falls, N.Y.

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Published by InPort News
 Osprey Media Publishing Inc.
 228 East Main St., PO Box 278
 Welland, ON L3B 5P5

Tel: 905-732-2411 Fax: 905-732-3660

inport@wellandtribune.ca

Ken Koyama, publisher, general manager

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■ ourview

Nowhere to fight at home

It's a shame that unless you buy a ticket and head across the border to Seneca Niagara Casino you won't be able to see two local fighters compete in a sport they love.

Alexis Davis and Sammy Pasquzi, who both fight out of Daybillion Jiu-Jitsu and Fight Academy, are Mixed Martial Artists (MMA) fighters and because of the law in Ontario, they aren't allowed to fight here.

Technically, they're not even allowed to fight in New York State, but their fights are being held on Seneca Nation land.

The Seneca Nation people were smart to allow MMA events on their land, right smack-dab in downtown Niagara Falls, New York.

Unlike Dalton McGuinity and Tim Hudak, the Seneca Nation people see the potential to leave huge sums of money from the sport and the various spin-offs that come with any industry.

Both McGuinity and Hudak have said bringing MMA to Ontario isn't on their scopes. They want to focus on health care and job creation. We don't disagree that health care and job creation are two very important issues.

But what an opportunity they are missing in MMA. The UFC's next event—Saturday in Montreal sold out in two hours.

That's thousands and thousands of tickets, meaning thousands and thousands of dollars. Dollars that wouldn't otherwise be coming to that city.

People who can't see MMA fights in their own provinces and states are flocking to places like Montreal, where they can enjoy the sport they love.

That means they are spending money on hotels, food, gas, transportation, T-shirts and other things.

All of those items are taxed and that tax money flows into Montreal and Quebec.

MMA is one of the fastest growing sports in the world and it generates millions and millions of dollars.

Hudak and McGuinity obviously can't see the potential the sport brings.

They talk job creation—look at all the MMA studios that have opened up in Ontario. Those studios charge money for people to train and that means they need people to do the training. That means there's jobs created. Those trainers and studios pay taxes, which goes into federal, provincial and municipal coffers.

Maybe the political leaders need to make a second look at the sport and see the real potential behind it.

■ I'VE BEEN THINKING

Reverence for life

FATHER DAVID GRAHAM SCOTT
 St Ignatius of Antioch Orthodox Church

Stephen Harper's government has proposed aid to mothers and children in the developing world. The idea is to keep mothers and children alive and healthy. Michael Ignatieff's opposition immediately called for abortion to be included in the aid package. United States Secretary of State Hillary Clinton chimed in, stating that maternal health includes abortion.

That may be so among ideologues and militant feminists like Ignatieff and Clinton, but abortion is always a procedure designed to kill the unborn child. In that regard, abortion is simply not a part of any policy to aid and help both mothers and also children.

A hundred thousand abortions a year in Canada are one obvious reason why our birth rate is declining. It's well known that Baby Boomers are facing retirement where there are not enough people in the work force to support current benefits for them.

Meanwhile a Bloc Quebecois MP keeps introducing her private member's bill to legalize assisted suicide. All this seems to me to degrade human dignity and the fundamental right to life.

When I was a Humanist teenager I was nonetheless impressed by Dr Albert Schweitzer's notion of reverence for life. Schweitzer (1875-1965), a medical missionary and liberal Protestant Christian, accepted honorary membership in the Unitarian Church at the time.

I don't know if this plan for reverence for life now-days. What I hear often is that we need laws to force doctors to do abortions and to euthanize the disabled, the senile and those who just want to die.

In the contrary, what we need is a movement to promote reverence for life, particularly for human life but also for all life, including the biosphere on which we depend for

■ LETTER TO THE EDITOR

Where was city's regional councillor?

Re: Dog Park prospects downright fetching Apr. 28

It must be an election year or is it just the norm? At the April 26th city council meeting Regional Councillor Bob Saracino declared the proposed leash free dog park at the old Elm Street landfill site, as "his pet project"...

Now that sounds like a noble cause falling one thing, where has he been on the Elm Street issue for the past six-years?

As the co-chair of the Elm Street PLCC appointed by the Region of Niagara and co-chair of CLOSSE, a citizens group to stop emissions from the Elm St. facility, our committees have been involved with the development of the end use plan, and I can assure you he was nowhere to be found.

The dog park idea stemmed from a separate city committee who brought the idea to the PLC/regional staff at one of our committee meetings a while ago.

Corin, Saracino has really stepped in it (pun intended) by his claim. The members of the PLC have been working

food. Surely Ontario's public schools could encourage Schweitzer's liberal principle of reverence for life without proselytizing for any denomination or religion.

Instead we recently heard of a new initiative by the Ontario Ministry of Education for a feminist, Lesbian, Gay, Bisexual, Transgender, compulsory sex education course. The outcry was so swift and widespread that Dalton McGuinity decided to rethink the matter, perhaps only until the furor dies down.

My take on that controversy is that the ideal place for sex education is the home and by parents answering children's questions.

Sex education in schools should not be a matter of the different ways that people use genitalia, but rather a matter of encouraging reverence for the means of bringing new human life into our broken world. State-sponsored sex education without a moral perspective like reverence for life is state-sponsored sex abuse.

Sex education should emphasize that bringing new life into a fallen world requires a commitment to bring children up to give value for value, to care about others and to live responsibly. The safest sex is abstinence, which is also the best training for faithfulness in marriage.

Sex as mere physicality is a reduction of sexuality to momentary sensation and therefore a reduction of the human person to a mere consumer of thrills, a reduction to one dimensional existence. There is much more to a genuinely human life than that.

The principle of reverence for life could lead to reverence for the human person. But allist parents need not worry. Cyberspace, cellphones, the pornography industry and Ontario's secularist mission of education are quite good at focusing students' minds on anything other than God. Yet we can still pray, "God keep our lambs and fire." And so I have hope in the God of hope (Rom 15:13) and in His Christ our hope (1 Tim 1:1).

long had voluntary hours over the past six plus years to stop the heinous odor of the landfill from there when the region's composting site was active, helping to decide on what to do with it now that it is closed and the councillor rides in on his white horse to save the day?

If the councillor has been so active in his pet project, maybe he can explain why the region dropped a portion of the end use plans they promised the committee to gain their support and then yanked it off the table when no one was looking without notification of the committee.

Before adding more trails and a playground, how about sticking to the original commitment.

Pet project. That stinks more than the composting did. Almost everyone has been finding out what is actually in that kool-aid they're drinking at those regional council meetings.

Dan O'Hara

Port Colborne

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A cyclist's oasis on Main



George Duma
BY GEORGE

There's an old adage that says if you find that one thing you love to do and can make a living at it, you'll never have to work a day in your life.

Readers here have seen it before, so I apologize for being redundant. I quote it to students all the time as well.

Port Colborne native Al Kendrick is setting out on a career path that will help him achieve that goal.

Three weeks ago, Al, with the help of his dad Jim and mom Kim, opened Pedal...Bicycle Shop on Main Street in the former Husnik's Restaurant building.

It's strategically located right along the Greater Niagara Circle Route, the cyclist's dream that goes around about half the peninsula, from St. Catharines south to Port Colborne, east to Fort Erie,

north to Niagara-on-the-Lake, then west back to St. Catharines.

The route includes the Welland Canals Trail, which runs north to south, alongside parts of the existing and previous canals from St. Catharines through Thorold and Welland to Fort.

It comes right by the Pedal...Bicycle Shop.

Al's new venture is also minutes from the Niagara-area Shorttville Cycling Club's Stonebridge/Robin Hood Trails.

Al is a member of the club and his uncle Tim Lee is president.

As a life-long cyclist, there is definitely a serendipitous nature to what Al is doing now.

On a recent Friday morning, I show up at the shop and am greeted by Jim.

"He will be here shortly. It gives us a chance to chat."

"He actually started to ride when he was two, with training wheels, and by the time he was three he was riding on his own."

At four, Al started racing BMX cycles competitively at the Welland Fairgrounds.

"Between the ages of four and six, he was always racing older kids," Jim says.

Soon after, Al graduated to mountain biking and the accolades followed.

"He has walls of trophies," says Jim, smiling.

He's been racing ever since with the Shorttville Club around the province and winning.

That's all I'll say because any

more than that and he'll be incredibly embarrassed.

see KENDRICK | Page 6

Ask the HEALTH EXPERT

MITCH SIRGENT, Senior Vice President



What is Bio-K+?

Bio-K+ International Inc. is changing how health professionals all over North America see probiotics. Gone are the days when doctors could say probiotics don't work and there is no research to suggest they do. While there have been several studies on several types of probiotic bacteria, very few studies were done on the actual products people buy for themselves and their families. Bio-K+ CL1285, sold in stores across Canada and the US for over a decade, is one of the few products to have been tested in clinical studies to confirm real health benefits. The results of these medical studies are so convincing that several hospitals, including ones in Ontario have started to use Bio-K+.

A special panel of medical experts has been created to educate doctors in other hospitals on how to use Bio-K+ CL1285 for their patients. The other good news is that you don't have to be sick to benefit from Bio-K+.

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- Jo Kennedy, Port Colborne

Kendrick can carry out heavy-duty repairs

FROM PAGE 5

Suffice it to say that before his new business venture took up his time, AJ practised about three times a week and took part in a variety of races, including the eight-hour kind with three other team members, where each cyclist rides for two hours.

Full disclosure here.

I've known AJ since he started elementary school at St. Pat's with my son oh so many years ago. I've always liked him. He always had this really solid character, a silent, intense way about him.

He turns 26 later this month and it was wonderful to see him again.

He has grown into a fine young man who, while hugely successful on the competitive mountain-bike circuit over the years, has retained his genuine humility.

When it comes to discussing his new venture, though, he's pumped.

The new establishment will act not only as a retail outlet, but an oasis for cyclists making the trek on the trail.

"We're going to have coffee, smoothies, snacks, that sort of thing," he says, "and there'll be cycling-specific healthy snacks. People will be able to come in, relax, use the facilities, have a bite ..."

He'll also have the patio going in full swing soon too.

AJ didn't start out as an entrepreneur venturing into his own business.

While attending Niagara College's four-year Mechanical Engineering Technology Co-op program, he found himself at TRW in St. Catharines during his co-op periods.

"And they loved him there," says mom Kim. In fact, he had a job guaranteed and waiting for him when he came out of school.

But alas, TRW hit on hard times like so many other Niagara Industries and that job prospect dried up.

He eventually ended up at Thurston Machine, where he became the company's project manager for one-and-a-half years. A slowdown led to him being laid off.

That's when AJ decided to venture out on his own with a business proposition. And why not? He knows his stuff.

Pedal...Bicycle Shop will offer tune-ups but so much more. With a slate of Park Pro Mechanic tools, he can carry out serious, heavy-duty repairs.

"I can do all the fancy work on bikes that needs to be done."

And as for the assortment of bikes he stocks, it varies from affordable cycles to more high-end types.

"Our affordable bikes are in the three hundred dollar price range," he says.

But as I look at the bikes on the racks and along the wall, it's clear these are quality machines, everything from mountain bikes to the fast-rolling variety made especially for roadways and the bike paths.

"You're not going to compete with Canadian Tire or with Walmart (for the cheap prices) so you don't try."

■ **TERRY FOX RUN:** Trying to break a record

Looking for people to shave their heads for a great cause

InPort News Staff

PORT COLBORNE — Nancy Salvage wants to see at least 30 shaved heads at the annual Terry Fox Run in Port Colborne this coming September.

The run organizer says as Canadians celebrate the 30th annual Terry Fox Run on Sunday, Sept. 19, the Port Colborne run will celebrate with its fourth annual fundraiser

head shave just prior to the run.

"This year, we decided to 'go big' with this event and have named it 30 Shears for 30 Years, our goal being to have at least 30 people shaving their heads."

"We have now been accepted by the Guinness Book of World Records into a new category — most people to shave their heads at the same time — so that adds an extra layer of fun to the event."

Salvage has shaved her head each year and said "it's not hard to do when it's your choice."

As with the run, participants do not pay a registration fee, and there is no minimum pledge amount required. All that is required, is a minimum two centimetres of hair to be shaved on run day.

see HEAD SHAVE | Page 7



GEORGE DUMA inPort News Photo

Port Colborne native AJ Kendrick is in business with his new venture, Pedal...Bicycle Shop on Main Street in the old Husnik's Restaurant on Main St. down by the Welland Canal.

"You carry something better."

Although the shop has had a soft opening, a grand opening is being planned for some time in the coming days. In the meantime, check out the website and Facebook page.

• George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at: gduma@cogeco.ca

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■ HEAD SHAVE

Finding cures

FROM PAGE 6

Salvage said nationally, 87 cents of every dollar raised by the Terry Fox Foundation goes directly to cancer research, but in Ontario because of the large number of community runs, that number goes up to 91.5 cents.

"This is because the foundation is up heavy with volunteers, employing only 30 full-time staff across the country. Although Terry had bone cancer, his motivation for the Marathon of Hope was the suffering he saw on the children's cancer ward after his surgery, and his wish was that money raised for the runs should fund cures for all cancers."

Anyone wanting to be a part of the head shave or wanting more information can contact Salvage at 905-855-0442, or nancy.salvage@sympatico.ca.



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The urge to move your legs usually occurs during periods of rest, and generally tends to be worse in the evenings and at night. Although movement sometimes relieves the symptoms, the sensations often return. Although this condition is known as Restless Leg Syndrome (RLS), these funny sensations can occur in the arms, as well.

RLS occurs in both men and women, although the incidence is slightly higher in women. Restless Leg Syndrome becomes more frequent and severe with age.

Sometimes people with RLS also experience a sudden jerking of the arms and legs... known as periodic limb movements. People don't have control over this movement, which generally occurs every 20 to 60 seconds and may continue throughout the night.

Up to 30 percent of the population in Canada experience mild to severe symptoms of Restless Legs Syndrome. Symptoms can occur a few times a week in some cases, with many people experiencing symptoms every night.

Clinical research has pinpointed magnesium deficiency as a key factor in the severity and manageability of RLS. An essential element of the nervous and musculoskeletal system, magnesium is receiving more focus as the mineral that not only is critical for bone health, but is also a key element for peaceful sleep, heart health, warding off depression as well as relieving RLS. Surprisingly, magnesium deficiency is quite common nowadays.

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Ask Our Pharmacists

Seasonal Allergies

Allergic rhinitis can affect up to 30% of the population. The two most common forms are seasonal allergic rhinitis (hayfever) and perennial allergic rhinitis (caused by dust mites, animal dander, and mold spores). Symptoms from these allergies include nasal blockage, itching, and sneezing, and can also involve the eyes throat and ears.

These types of allergies can be more than annoying. The first steps to take involve avoiding the allergy. Air conditioning reduces pollen exposure. Removing pets from the home, and dust avoidance can reduce exposure as much as 60%. It is also important to change not only your pillowcase but your actual pillow on a regular basis. There are also a number of pharmaceutical options available.

The over the counter medications include 1st and 2nd generation antihistamines. These medications will help with a runny nose, itching, and eye symptoms. First generation antihistamines are very helpful with hives and itching. An example would be Benadryl. This type of medication does cause drowsiness and it is usually recommended to be taken only at bedtime. Second generation antihistamines like Claritin, Allegra, and Zyrtec, do not cause drowsiness and do help with symptom control. They work quickly and can be taken on as needed basis. In general they do not help with nasal congestion, and for that it is best to take an oral decongestant.

Pseudoephedrine is the main ingredient in the decongestant products available. Some patients should speak to their doctor first before they take a decongestant. They should be avoided in patients receiving MAO inhibitors, and used with caution in patients with hypertension, hyperthyroidism, or ischemic heart disease. Topical decongestants like Afrin should probably be avoided for patients who require long term therapy. Prolonged use of these products can cause rebound congestion and require the patient to continue using them for relief of their symptoms.

For many people they need to take an antihistamine/decongestant combination pill to control their symptoms. These types of medications can down on the number of visits, or patient needs to take and there are a number available on the market.

If symptoms are still a problem there are prescription steroid nasal sprays. There are a number of these available. Some are covered by drug plans and some are not. It is best to call your plan first before you get your prescription to see which ones your drug plan covers. Nasal sprays are generally well tolerated, have little systemic absorption, and are effective for symptom control.

For more serious allergy problems oral prednisone can be used. Patients whose symptoms do not resolve can also undergo Immunotherapy. This can involve desensitization or allergy shots.

Allergies can be difficult to deal with but there are a wide variety of treatments available. Talk to your community pharmacist about which option is best for you.

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■ LEASE APPROVED: Marina getting money from city

Smooth sailing ahead for Marlon Marina

MARYANNE FRITH
InPort News Staff

PORT COLBORNE — It's smooth sailing for Marlon Marina Inc. as the service provider for Port Colborne's boaters.

City council approved the company's lease recently — and a \$610,000 settlement agreement to reimburse Marlon for marina improvements the business made during the last lease period, spanning 1992 to May 1, 2010.

This past January the city issued a request for proposals for the provision of a full-service marina shop at Sugarloaf Harbour Marina for the 2010-11 boating seasons.

Both Marlon Marina Inc. and Port Colborne Yacht Harbour responded and were analyzed for their estimated financial benefit to the city.

The two companies were deemed financially similar by council, but Marlon, having operated at the location for nearly 20 years, was awarded the contract.

The new lease is based on the city receiving 1.5% of Marlon's gross revenues, plus a straight rental fee of \$500 a month for the service building and apartment on the premises.

With the end of the lease approaching, the city wanted to gain access to revenue from its property, opting not to renew the existing lease which did not hold that perk, said Cecil Vincent, the city's manager of strategic projects and corporate strategic initiatives, said the city originally signed a lease with Marlon Marina in 1992, which expires May 1, 2010.

"It was not only the right thing to do, but the only thing to do for the benefit of the taxpayers of Port Colborne," Vincent said.

Ward 4 Coun. Barbara Butters asked if there was a stipulation included to void the lease if violated.

Vincent said a clause is included that gives Marlon seven days to prove the lease hasn't been violated if suspect.

"The lease we've created is a comprehensive lease," he added.

The \$610,000 settlement approved Monday covers the cost of improvements the company incurred during the previous lease period. The improvements were appraised, less depreciation, to determine the settlement amount, Vincent said.

The funds for that settlement will be debentured for a period of no less than 10 years, with the annual repayment fee to be funded from the increased revenues from the new Sugarloaf Marina business model.

mfrith@wellandtribune.ca

■ TAXES GOING UP: Slight increase

Port passes its 2010 budget

InPort News Staff

PORT COLBORNE — Port Colborne residents can expect to dish out at least \$30 more in taxes for the average lake-side city home.

City councillors unanimously passed the 2010 operating and capital budgets Monday night, bringing in a 2.44% tax hike.

This means a residential property with an average home assessed at \$152,300 will see about a \$31.25 increase to the city portion of its tax bill this year, said Peter Senese, director of community and corporate services.

The average homeowner will pay \$1,105.61 to the city in 2010, up from \$1,074.35 last year.

During the budget process, council held five public deliberation meetings over a three-month period, all with the same goal — to keep the tax levy increase below 3%.

To curb spending this year, councillors cut the New Year's Eve fireworks budget by \$13,000, pared Nickel Beach operating funds \$44,000 by reducing staff and halved funding to \$40,000 for physician recruitment efforts.

Council did approve spending nearly \$20,000 for a full-time physician recruiter. The city's total operating expenditures for 2010 sit just under \$18 million, with total revenues projected at \$6.2 million.

The capital budget comes in at more than \$39.4 million — not including upcoming water and sewer projects. Included is debenturing for city hall renovations, marina improvements, the Old Humberstone Main St. Community Improvement Plan and fire department vehicles.

Some of the many requests approved for city funding include \$10,000 for accessibility upgrades at Port Colborne Historical and Marine Museum, \$3,000 for the Youth for Youth synthetic ice rink project and a total of \$150,000 in incentives for the Main St., brownfield and downtown community improvement plans.

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INPORT-NEWS

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■ **WORKSHOP:** Teaching people how to use e-mail

Helping people to connect

InPort News Staff

PORT COLBORNE — Josh Oort wants families and friends to get connected and stay connected.

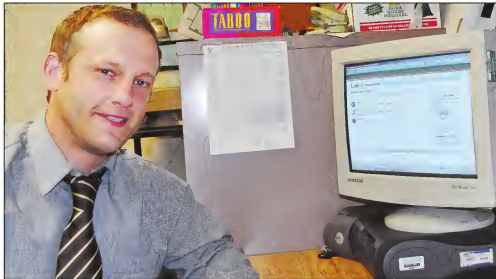
That's why the Lakeshore Catholic High School teacher is holding two introductory Internet communications workshops in mid-May.

has changed the world and has put people in contact with one another in many different ways.

"I know there is still a small demographic who, for whatever reason, are turned off or intimidated by the information/communication age that we currently live in. This is why I thought it would be a good idea to reach out to the community and offer some help."

Workshops will be held at Lakeshore Tuesday, May 18, and Thursday, May 20, from 6 p.m. to 8 p.m., open to anyone over 40 from Fort Erie, Port Colborne, Wainfleet and Dunnville areas — the school's catchment area. Interested people should contact Oort at 905-835-2451 ext. 338. He said participants are encouraged to bring a few e-mail addresses of friends and family to get started.

If the workshops prove helpful, Oort may offer more in the future.



DAVE JOHNSON Staff Photo

Lakeshore Catholic High School teacher Josh Oort will be showing people how to use and send e-mails at two introductory Internet communications workshops. People will learn how to use e-mail programs like g-mail, shown on the screen.

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SPECIAL REPORT

MONDAY, MAY 10

FAMILY WII NIGHT at the Wainfleet Township Public Library from 6:00 - 8:00 p.m. All ages are invited to drop in and play Nintendo Wii. Not only great family fun, but great exercise too.

THURSDAY, MAY 13

REGISTRATION FOR A NEW co-ed volleyball league will take

place at Port Colborne Brethren in Christ Church from 7 p.m. to 9 p.m. The fee is \$80 per player. Port Colborne Brethren in Christ Church is at 10641 Hwy. 3, just west of Quarrie Rd. on the south side of the highway. For more information, call Carrie Fenton at 905-835-8481 or Nancy Wilcox at 905-834-7773.

PRESCHOOL STORY TIME for ages 2 - 5 at the Wainfleet Township Public Library from 10 a.m. to 10:45 a.m. A six week program of stories, songs, activities and crafts. No fee for the program but please call 905-899-1277 to pre-register. Each child must be accompanied by their parent/care-

giver. This session's theme: Spring has Sprung @ your Library

PHILOSOPHER'S CAFÉ at the Wainfleet Township Public Library at 6:30 p.m. Drop by for refreshments and a lively discussion. This month is an open discussion. All welcome! No philosophy training required, real life experience desired!

SATURDAY, JUNE 5

BIKERS RIGHTS ORGANIZATION Port Colborne is holding its second annual charity golf tournament at Emerald Pines Golf Club, 1878 Sherk Rd., Port Colborne with a shotgun start at 10 a.m. Cost is \$75, with registration from 8:30 a.m. to 9:30 a.m. All proceeds will be donated to Special Olympics Ontario. For more information contact John Lacroix at 905-835-2210, Brad Cutler at 288-228-2768, Larry Davidson at 905-353-0121 or Penny Dalke at 905-357-2834.

AT THE PORT COLBORNE LIBRARY

EXPRESS YOURSELF: Writer's Support Group with facilitators Gary and Kitty Roy. Thursdays 6 p.m. to 8 p.m. Practical advice on getting published, finding a literary agent, and copyrights. For more information contact the facilitators by e-mail at gray10@cogeco.ca, or call the library at 905-834-6512.

ADULT KNITTING CLASSES with Vicki Fretz. Tuesday, March 16th to May 18th from 7 p.m. to 9 p.m. and Thursday afternoon, March 25th to May 20th from 1 p.m. to 3 p.m. To join the knitters club call Vicki @ 905-835-5373.

ONGOING

QUIT SMOKING SUPPORT group, every Monday from 6 to 7 p.m. at the Port Colborne Hospital, 260 Sugarbush St. All are welcome for the supportive and motivating environment. Contact Bridges Community Health Centre for more information at 289-479-5017 ext. 2445.

THE ALZHEIMER SOCIETY of Niagara Region support groups for caregivers meets the first Tuesday of each month (except July and August) from 1:30 p.m. to 3:30 p.m. at Rapelle Lodge, 277 Plymouth Rd. Welland. For information call 905-687-3914.

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■ 2010 ELECTION: April Jeffs running for mayor

Photog focused on unseating mayor

InPort News Staff

WAINFLEET — Photographer April Jeffs is focused on becoming Wainfleet's next mayor.

"I'm a good listener. I'm ready to go out and talk to as many of the residents as I can and see what they want, what they expect and see what they're concerned about," said the 36-year-old Jeffs.

She wants to hear from people along the lakeshore, in the village and various hamlets in the township. She also wants to hear from local farmers and learn what concerns they might have in terms of agricultural issues.

Jeffs hopes to unseat mayor Barb Henderson, who recently announced her intention to seek re-election.

Jeffs said she "felt compelled" to go after the top job in the township.

"I think I'd be more effective as mayor. The future of Wainfleet could be brighter. We need to take this municipality down a new path, and that can only be done through new leadership," Jeffs said.

She believes she could bring more energy and enthusiasm to the job if elected in October.

"I'd run the township in the same manner I run my business — listening to people, developing a plan and sticking with it."

Jeffs has owned and operated the April Jeffs Lakeside Studio photography business for the past nine years. Her husband, Mike, 38, has owned and operated a local landscaping and tree removal business for the past 11 years.

"After the last election I got the bug and started to follow a dream I'd nurtured for the last year-and-a-half I've been attending council meetings and gone

to regional council meetings as well."

The mother of two boys — Gordy, 10, and Thomas, 7 — believes she could serve Wainfleet better at the region if she were mayor.

She now serves on the public liaison committee (PLC) for the proposed sewer and water project (the Big Pipe) and recently served on the township's playground site selection committee and is a member of Port Colborne-Wainfleet Chamber of Commerce.

"I've learned a lot from being on the PLC," said Jeffs. "And since I've been on the PLC, a lot of people have contacted me. What I've heard from people is that cost and cost recovery are the two biggest issues with the project."

She said people are also concerned about possible development along the lakeshore in relation to the proposed Big Pipe. "I want to talk to people and hear what they have to say about it."

Jeffs has been a member of Toastmaster's International and The Professional Photographer's of Ontario. She has helped judge events at Wainfleet Fall Fair and helps out at her sons' school, St. Elizabeth.

She has served on the board of directors for St. John Ambulance and currently sits on the board for Therapy Tails, a Niagara-wide initiative through which volunteers and their canine companions bring friendship and cheer to such places as retirement homes and hospitals.

Jeffs may be reached at 905-834-9052 or ajjeffs@lastmillet.ca.



April Jeffs

■ 2010 ELECTION: Incumbent still has a lot to accomplish

InPort News Staff

WAINFLEET — Barb Henderson said her greatest accomplishment to date is having had the opportunity to serve the people of the township.

"I think we've accomplished a great deal over this last term. We've received a lot of infrastructure dollars for things like Fender Rd. and three new bridges. We've received funding from the Trillium Foundation for a new Zamboni and a children's playground that will be fully-accessible," said Henderson.

Other accomplishments she's proud of include increasing the complement of volunteer firefighters, which has seen the introduction of the township's first female volunteers.

"We have our own fire chief now and have new equipment and trucks."

Despite those accomplishments, Henderson said there's still more to do and that's why she'll seek a second term as mayor of Wainfleet.

"As Wainfleet's first female mayor I think I've brought a different approach."

The 54-year-old, who also served a term as alderman, has brought a TLC — tender loving care — approach to the position in the day-to-day issues that come before her and council and in the larger issues.

Larger issues like the development of the former Lakeview Camp, declaring an abandoned rail line surplus, improving Wainfleet's address system and the proposed Lakeshore municipal servicing (the Big Pipe as it is called).

Henderson said the bigger issues also require TLC, but she said the term switches meaning when it comes to those issues. It means teamwork, leadership and commitment.

She said teamwork, leadership and commitment come together for her in building relationships with upper levels of governments, like the region and province, and securing funding for much-needed projects in the township.

At the region, Henderson is on the public works, public health and social services, corporate services and integrated community planning committees. She also serves on the agricultural task force, agricultural sub-committee and local food committees.

"I felt the need to be on these committees to fully represent Wainfleet and the needs of our residents."

Though the mayor's position in the township is part-time, Henderson said it's very much a full-time job as she works 24/7 representing the people of the township.

"I'd like to continue to use foresight to advocate on behalf of Wainfleet. We have a number of projects ongoing that will run into the next term and I want to finish the job."

One of the projects she wants to see through is the official plan. Wainfleet's decades old plan is currently under review and should be finished by the end of the year. The new official plan will take care of things like zoning bylaws, site plan control, subdivision standards and development charges.

The other big issue Henderson wants to see through is the

Lakeshore municipal servicing proposal — the Big Pipe.

"I see the need for servicing was here before my time on council, but I started the difficult task of addressing the issue. It will be here next term and most likely the terms after that. The public needs to know that council will not be making a decision on whether or not to implement this project until after all the information is gathered so council can make a fully-informed, knowledgeable decision based on facts."

She said whatever decision is made in regards to the Big Pipe, it won't be a tough one, but one that needs to be made to make sure Wainfleet is a healthy, vibrant community with a role to play in the 21st century.

In addition to serving as mayor, Henderson, who has been married for 36 years to husband Phil, volunteers in the community. She canvasses for the Heart and Stroke Foundation, Marshville Heritage Festival and Fall Fair. She also keeps busy with her eight-month old grandson Drake. Henderson has three children, Ryan, Cheryl and Kaila.

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Barb Henderson

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■ **ELECTION 2010:** Incumbent wants to tie up loose ends

Ron Kramer seeks second term on council

InPort News Staff

WAINFLEET — Ron Kramer hopes to once again represent the constituents of Wainfleet as an alderman.

He recently filed his papers for the Oct. 25 election and would like to tie up loose ends with the lakeshore water and sewer servicing project which he is still undecided about.

He hoped to have a decision by the end of this term on the water and sewer pipeline project and said he will only support the project if it is affordable for homeowners.

"It's got to be reasonable," he said.

He said roads need to be worked on but said the township doesn't have the funds to do all that is needed.

While on council, Kramer has served on the Port Colborne-Wainfleet Chamber of Commerce board, Port Colborne-Wainfleet Community Policing, the library board, the administration and finance committee, the Greater Niagara Circle Route steering committee and chaired the fire services committee.

The 65-year-old, a retired custom injection moulding business owner, is married to Ruth and has two adult boys.

Kramer said his first term "went very well."

"Some things we didn't accomplish and some things we did."

He went into politics "blind without experience."

"I had the time and wanted to keep my mind working and give back to the community."

If elected to a second term, he expects it to be easier with four years' experience and knowledge of the township under his belt.

"I've done good so far. I think I've represented the public as well as I could."

Come campaign time, he expects to attend debates and will try to visit residents at their homes because "I'd rather talk to people in person."



Ron Kramer

■ **2010 ELECTION:** Betty Konc's heart belongs to Wainfleet

Political aspirations for Big Pipe critic

InPort News Staff

WAINFLEET — Betty Konc is frustrated with the way Wainfleet's current township council thinks.

She wonders if having a seat around the council chambers horseshoe would lead to change.

For those reasons, Konc has filed candidacy papers for the October municipal elections. She hopes to fill one of four aldermanic seats.

The 55-year-old business owner is married to John and has a daughter, Juli, and son, Jason.

Despite a recent move to Port Colborne, "my heart belongs in Wainfleet," she says.

"I've been discontent with the present and past council. I've been pointing my fingers at them for the past five years."

Her son suffers from a brain injury. The family's Lakeshore Rd. home was no longer big enough, so the Koncs moved to Port Colborne, but still owns their Wainfleet home.

■ **PORT COLBORNE COUNCIL**

Watch out for illegal dumping

InPort News Staff

PORT COLBORNE — Get your camera ready.

Concerns over garbage being dumped on Pleasant Beach Rd. and other areas of Port Colborne led city council recently to implement a reward system to help catch offenders in the act.

Mayor Vance Badaway encouraged residents to get out their cellphones and cameras to acquire photos of illegal dumping in action.

"Pictures of a licence plate, that's what we want," he said, suggesting a reward be put in place to "catch the culprits" illegally dumping within the city.

Konc regularly attends Wainfleet council meetings, runs family trucking company E-Motion in Port Colborne and leads the Wainfleet Ratepayers Association and its opposition to the installation of water and sewer lines in Wainfleet's lakeshore area.

She has participated in all of the township's official plan meetings and agrees the township does not want intensified development.

Her most notable opposition is the "region's overestimated ability to pay" for the so-called Big Pipe water and sewer project.

Throughout the past few years, she has advocated for replacing and repairing septic systems and believes the potable water problem could be solved without adding a multimillion-dollar tax burden on Niagara residents.



Betty Konc

Dumping carries a \$360 fine from the municipality and can incur additional charges from the region.

Ward 4 Coun. Barbara Butters made a recommendation that a \$100 reward be given to anyone providing photos or information that leads to illegal dumpers being charged.

Ward 3 Coun. Gary Bruno said \$100 may be too minor a reward to get people to go out of their way to catch "stinkers" in the trash-tossing process.

Butters amended her recommendation to make the award \$300, which was approved by council.

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■ **A GOOD FIT:** City and resort partner up

Sherkston sponsoring Flavours



InPort News Staff

PORT COLBORNE — Sherkston Shores is partnering with the city once again for Flavours of Niagara International Food and Wine Festival. On Monday the family resort gave the city \$20,000 to be the title sponsor of the three-day event at H.H. Knoll Lakeview Park. Flavours runs July 2 to 4.

"This is the third year we've sponsored Flavours," said Sherkston Shores general manager John O'Brien.

The resort topped its sponsorship from 2009, which was \$15,000.

O'Brien, who has been general manager at Sherkston for the past three years, said Flavours is a good fit for the resort, adding he wanted to build a relationship with the city.

"The event is about family and fun."

Sherkston Shores is about the same thing, he

added.

Mayor Vance Badawsky said events such as Flavours are all about partnerships — and Sherkston has been a great partner since the start of the event.

Anyone Interested in sponsoring Flavours can contact Sandy Pilot at city hall at 905-835-2900 ext. 110.

DAVE JOHNSON Staff Photo

John O'Brien, general manager of Sherkston Shores, presents Mayor Vance Badawsky with a \$20,000 cheque for Flavours of Niagara. Sherkston is the title sponsor for the three-day food festival. The festival July 2 through 4 at H.H. Knoll Lakeview Park

Relief from Heart Disease

Mei Kennedy is a 63 year old grandfather with eleven lovely and active grandchildren. His children live close, so he is able to visit his grandkids regularly but he still has time for all my projects and interests. Technically he's retired, but as his wife would tell you, "he's always fixing something or other!"



dizziness, fatigue and numbness in his legs was an indication he was suffering from poor circulation.

Mei knew a number of friends, neighbours and family members who suffered from heart disease. Many ended up with heart bypass surgery and life-long drug therapies.

Mei also had friends who suffered from heart disease but had responded without surgery. They urged him to try Formula FLW, a combination of vitamins, minerals and antioxidants - a complete nutritional supplement that supplies your body with heart healthy nutrients to help it heal itself. Formula FLW reduces free radical damage, known to cause arterial hardening and it helps the body cleanse and eliminate the fatty deposits causing heart disease. It's been years since Mei has felt angina, now he exercises regularly, eats right and supplements daily with Formula FLW.

For more info on Formula FLW, visit Rosemary's Natural Choices.

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Angina is your body's way of telling you that your heart is not receiving adequate amounts of blood or oxygen. In Mei's case, there was a build-up of plaque in the arteries around his heart, blocking blood flow. A common ailment called hardening-of-the-arteries, these blockages were cutting off the blood supply causing his heart to work much harder. The

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■ **BRIDGES:** Community Health Centre helps those who need it most

A one-stop shop for better health

InPort News Staff

PORT COLBORNE — Bridging the health-care gap for people who face barriers in accessing doctors is the goal of Bridges Community Health Centre.

Executive director Taralea McLean says those facing barriers to health care can include families and individuals with low incomes, seniors, children and youth at risk, newcomers to Canada or anyone who doesn't have a family doctor.

Influencing factors may include income inequality, social exclusion, lack of employment and job security, a lack of transportation, a lack or low level of education and environment.

"All of these things affect a person."

Bridges, says McLean, is there to help those who need it help most.

"We have an interprofessional team consisting of a physician, nurse practitioner, registered nurse, dietitian, social worker and mental health worker."

Bridges also has access to a psychiatrist who can deal with adults and children and will refer clients to other physicians and specialists if needed.

Bridges is not a walk-in clinic, emergency room or urgent care centre.

"We can't fix a sprained ankle," says Bridges health promoter Lori Kleinsmith.



see PERMANENT | Page 15

DAVE JOHNSON Staff Photo

Lori Kleinsmith, left, health promoter with Bridges Community Health Centre, and executive director Taralea McLean look over some of the health centre's material in its Port Colborne location. Bridges helps people who face barriers in accessing health care.

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■ PERMANENT HOME UNDER CONSTRUCTION

Board of directors runs Bridges

FROM PAGE 14

Bridges opened in Port Colborne in October 2009 at its interim location at Port Village Plaza. Its permanent home will be at the former bingo hall on King St. once construction there is complete. It is funded through the Local Health Integration Network and is a standalone organization that works with other agencies.

Ministry of Health and Long-Term Care had wanted 75 community health centres created across Ontario — both Port Colborne and Port Erie sent in proposals.

"The ministry said no to two different centres, so we did a joint proposal," says McLean.

Bridges is run by a board of directors, six from Port Erie and six from Port Colborne. It has two locations, the Port Colborne office and a site in Port Erie that opened in 2008 and now has 2,200 registered clients. The Port Colborne site has about 480 registrants and more are welcomed.

"We don't turn people away," adds McLean.

She says unlike at a doctor's office, where people are normally treated for just one illness, Bridges looks at the whole person and tries to prevent people from becoming ill in the first place.

Says Kleinsmith, "It's not just about patching a person up when they're sick. Our clients spend a fair bit of time with our team."

To help keep people from becoming ill, the health centre offers a numbers of programs, including diabetes education. That program is run by a registered nurse, registered dietitian and diabetes educator. McLean and Kleinsmith say the program is designed to help people manage their diabetes and get to the point where they can do self-care.

"Healthy eating, nutrition counselling and weight management are part of the program," says McLean. "We offer one-on-one counselling and group sessions. The program is open to all Bridges clients and anyone in the community who has diabetes, as long as they get a referral from their doctor."

Kleinsmith says a new mental health program offered at the centre is also open to clients and others referred by a family physician. Clients would see the centre's registered mental health nurse first and if needed then see a psychiatrist.

The two programs are run out of Bridges office space at Port Colborne General Hospital.

The programs are part of Bridges one-stop shopping concept, which looks at all factors that can affect a person's health.

There's a social worker on site that can help people deal with marital, housing and finance issues. There's even a smoking-cessation program offered to clients who want to kick the habit.

Bridges started the Good Food Box fresh food distribution program that allows participants to purchase fresh, local produce once a month. Participants pay for their box of produce during the first three business days of the month at the chosen host site. Large boxes are \$20 and small boxes are \$15.

Kleinsmith says the Good Food Box is part of health promotion and prevention program offered by Bridges.

She works closely with other local agencies, including Port Cares and Port Colborne Safe Communities. With the latter, Bridges works on such things as fall prevention programs for seniors.



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■ FREE MEAL



DAVE JOHNSON Staff Photo

Ring-billed gulls closely follow a tractor as it tills the soil in a Wainfleet field. The gulls were looking for worms stirred up by the tractor.

■ **KIDS.NOW:** Coach-mentor program run at McKay Public School

Like a good neighbour, Mark Guilbeault is there

InPort News Staff

PORT COLBORNE — Noah Fuoco and nine of his fellow McKay Public School classmates learned a lot from Mark Guilbeault.

"We learned about stress management, how to coach other people and how to manage our lives," said the 12-year-old Grade 7 student.

Guilbeault, a State Farm Agent in Port Colborne, has been a coach-mentor for the 10 McKay students through kids.now, a national charity for youth development.

He was honoured for the work he's done at the school during an assembly last week by kids.now founder Janet King and Brad Banville, a State Farm executive.

Fuoco said Guilbeault is a "really cool guy," adding all of

the students had fun learning and taking part in activities.

"People might think this (the mentoring) is a time-waster, but it's not. We learned so much."

Fuoco said he'd definitely recommend the kids.now program to others in his school.

Janet King, kids.now founder and president, is a national charity that offers a free 12-week after-school leadership program with coaches-mentors to grade 7 and 8 students.

King said the program has helped 10,000 children across Canada and that State Farm has donated a lot of money toward it and become a partner in the charity.

Banville said State Farm is happy to be associated with kids.now, adding it's a way to give back to the community.

"Mark has an extremely large heart and is very passionate about what he does," he said.

Guilbeault told students he felt a little guilty being rec-

ognized for doing something he loves.

"You guys gave as much to me as I gave to you."

Guilbeault said through the program, he taught students things like conflict resolution, goal setting and how to have more self-esteem. After each session, he'd blog about what went on and said the students really responded to it. "They'd all talk about it; it was quite entertaining."

And he even benefitted from the program. "As the father of 16-year-old, some of the experiences carried over and opened my eyes."

It was Guilbeault's second time taking part in the kids.now program. "I had so much fun doing this, I'll be back again next year."

At the end of the assembly, State Farm honoured Guilbeault with its national State Farm Good Neighbour Award and the company presented kids.now a \$25,000 cheque.

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